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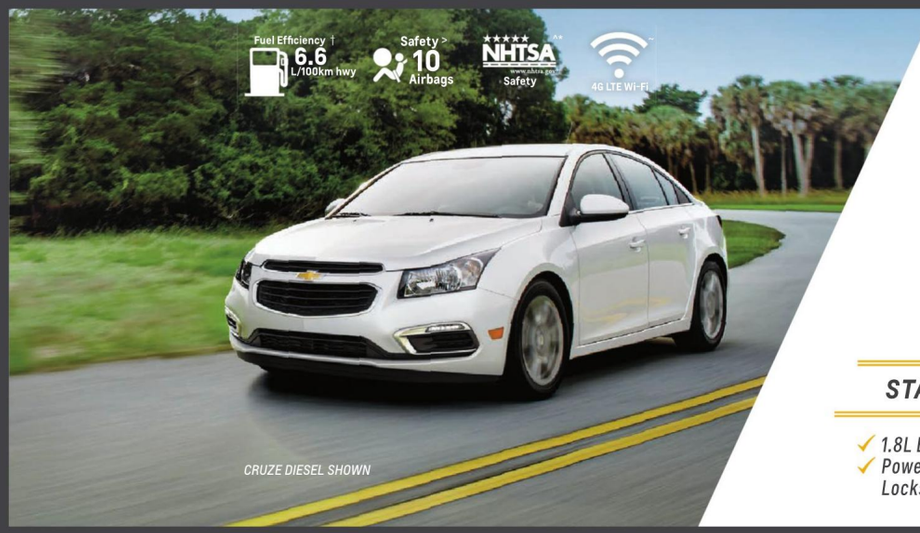

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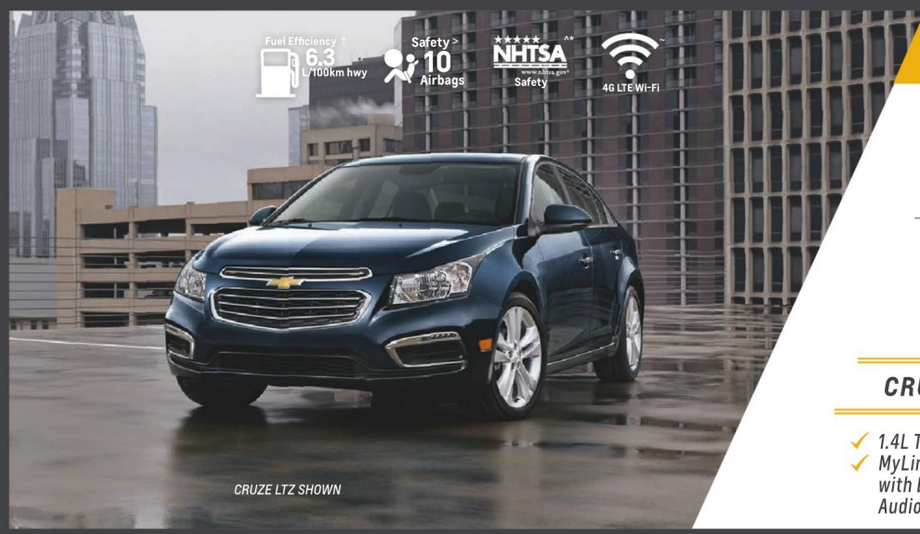

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VANCOUVER metro®

NEWS WORTH SHARING.

Remembering Pat Quinn

Canucks to celebrate life of team legend. Page 15

METROTALKS

Conversations with Canadian leaders

Thomas Mulcair speaks out

ON JUSTIN TRUDEAU

'Trudeau's priority is Justin Trudeau.'

ON STEPHEN HARPER ON ISLAM

'It's beneath contempt.'

ON OUR COUNTRY

'Toronto is Canada's most important city.'

PLUS:

- Mulcair beards Harper
- Mulcair's wife: He's shy
- Chantal Hebert on NDP's urban plan

PAGES 4, 5 & 9

Mayors have 'no Plan B'

Transit. Latest poll shows 61% leaning toward 'No' vote in plebiscite

MATT KIELTYKA
matt.kieltyka@metronews.ca

Metro Vancouver's mayors commemorated the official start of voting in the plebiscite on transit funding by reiterating there is no Plan B.

Speaking at an event at Douglas College's New Westminster campus on Monday marking the beginning of the 10-week voting period, Port Coquitlam Mayor Greg Moore said the planned 10-year, $7.5-million transit plan — contingent on public support for a 0.5 per cent regional sales tax — hangs in the balance.

"If there is not a successful outcome on this, we'll have to wait and see what happens with that," Moore said. "There is no alternate funding solution at this time. There is no Plan B at this time."

Recent polls make for gloomy reading for supporters of a "Yes" vote.

On Monday, the Angus Reid Institute released the results of its latest poll (conducted online between Feb. 25 and March 5), showing 61 per cent of respondents are leaning towards voting "No," compared to 27 per cent who are leaning towards "Yes."

A poll released last week by Insights West also had the "No" side ahead 55 per cent to the "Yes" side's 33.

Mayor Gregor Robertson, however, questioned the validity of the polls and said they don't reflect the reality on the ground.

"We're in politics for a living so we take polls with a grain of salt. We don't put a lot of faith in the numbers coming from those polls," Robertson said. "Particularly, in the past week, we've had a lot more people getting the information (about the transit plan) and we've been out at transit stations throughout the region and getting lots of good feedback."

The mail-in plebiscite runs to May 29.

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Medication

Prescription-drug coverage would save Canada billions, UBC researchers find

Universal coverage of prescription drugs would save Canada's economy more than $7 billion annually, according to research from the University of British Columbia published in the Canadian Medical Association Journal on Monday.

Bulk buying from a single source would reduce the cost of both generic and brand-name drugs, said Steve Morgan, a UBC professor of health policy and the lead author of the study, conducted in association with the University of Toronto.

Private-sector companies that pay inflated prices for employees' drug plans would save about $6 billion, and individuals paying out of pocket would save about $2 billion, while a "pharmacare" program would cost the government only $1 billion, Morgan found in the analysis of drug pricing and usage.

"Canada is the only developed country with a universal health-care program that does not include universal coverage of prescription drugs," Morgan said, noting that such coverage exists in the United Kingdom, Australia and France, where drugs are dramatically cheaper.

Considering it's an election year, Morgan said prescription-drug coverage should be on the federal political parties' agenda when they're deciding on campaign promises.

"This is basically how to eliminate $7 billion worth of waste," he said. "It would be the biggest and arguably the most important expansion of health care in a lifetime." EMILY JACKSON/METRO

From left: Central City's original label for the Detective Saison beer, the Powers comic-book character by artist Michael Oening and Central City's new label — designed by Vancouver's Barnstorm Creative — for the "real Detective Saison" beer. CENTRAL CITY/TWITTER

Copyright drama leads to brewery label redesign

Business. Company staff must now re-label 24,000 bottles by hand

EMILY JACKSON
emily.jackson@metronews.ca

A Surrey craft brewery's latest beer finally launched Monday after a major plot twist that forced it to redesign its label for fear of copyright infringement.

The drama began on the afternoon of March 5. The launch party for Central City's new brew — the Detective Saison — was just hours away when vice-president of marketing Tim Barnes saw the tweet.

It was a photo of the beer's label, which featured a busty comic detective brandishing a badge, next to a picture of a Powers comic-book character by Michael Oening.

The uncanny resemblance of the characters, down to the hand placement, raised alarm bells for Twitter user Myron Campbell, a University of British Columbia Okanagan instructor.

"When I saw the tweet, I was blown away," Barnes said Monday. The brewery was no longer comfortable with its label, the first in a series of beers named after characters that would weave an ongoing story this year. "We basically went into emergency change mode."

Central City fired the Victoria-based design company behind the label (Barnes wouldn't name the designer), stopped products from being shipped out, pulled bottles off the shelves and started re-creating the label.

Vancouver company Barnstorm Creative saved the day by designing a new label over a weekend, Barnes said.

Barnes didn't reveal how much it cost the brewery to solve the problem but said staff must re-label about 24,000 bottles by hand.

When Central City released the new label — it features an angrier-looking detective — it tried to have a little fun with the storyline by saying the first character was an imposter and the real detective had been kidnapped.

For Barnes, it's hard to find a lesson in the ordeal, except for using image-search tools or hiring a comic-book aficionado to vet the storylines.

"When you hire a design agency, you kind of assume that the creative is original," he said. "It's just unfortunate."

The brewery plans to ship the newly labeled bottles in early April.

Surrey. Another round of vaccinations at school after hepatitis outbreak

An elementary school in Surrey will hold a second vaccination clinic after an outbreak of hepatitis A.

Dr. Helena Swinkels of Fraser Health said about 75 per cent of students and staff have been contacted while North Ridge Elementary is on spring break.

Vaccinations were being offered on Monday, and Swinkels said they will also be available next week when classes resume for anyone who may have been away.

Swinkels said anyone who knows a travelling North Ridge student or staff member should inform them about the virus. THE CANADIAN PRESS

Weather

High winds wreak havoc in B.C.

Cities across B.C. are recovering from an intense weekend windstorm that took out power lines, blew down trees and ripped back roofs. BC Hydro says about 39,000 customers lost power after winds of up to 80 kilometres per hour gusted through the province Saturday. EMILY JACKSON/METRO

Rally. B.C. unions continue their push for $15 minimum wage

British Columbia's labour movement says it will continue to push for a $15 minimum wage even after the government introduced a 20-cent increase and a policy linking future hikes to inflation.

Members of the BC Federation of Labour and the BC Teachers' Federation marched through downtown Victoria, saying last week's increase to $10.45 an hour isn't good enough.

BC Federation of Labour president Irene Lanzinger says it's pathetic because it won't help people pay bills and buy food. THE CANADIAN PRESS

VANCOUVER **FASHION WEEK**

Coming up today

A touch of 'timeless elegance'

Grandy C. considers herself "a bit of a history buff."

So when the Vancouver designer set out to create her 2015 fall collection, it only made sense that she would draw inspiration from bygone eras.

"For me, it's meaningful," she told Metro. "Too many people look at any form of art — whether it's music or fashion or painting — as if it's solo, but everything is influenced by each other."

As the creative mind behind Grandi's Atelier, a Vancouver-based boutique that specializes in custom clothing for women, Grandy's own history of how she became a designer and dressmaker is a colourful one.

A classically trained musician, Grandy said she spent the first 16 years of her life preparing for a career in music.

It wasn't until she was applying to universities that she had a change of heart and decided to go to business school. For several years, Grandy said she worked in banking and finance but yearned for a chance to express her creativity.

"It was really as dull and boring as everybody says it really is," she said with a laugh. "I have always been a very hands-on person so I realized that a good way for me combine all these skills is in fashion."

This year marks Grandy's third runway show at Vancouver Fashion Week.

Grandy C. of Grandi's Atelier says she draws her design inspiration from history. CONTRIBUTED

For her latest collection, she said she was inspired by her love of Scotland.

Called Hieland Flouer, the line features touches of tartan with a French flair, incorporated through the use of embroidery, taffeta and silk, she said.

"France and Scotland were traditional allies in history for a long time," she said, "so I thought that was an interesting play on the combination of styles."

While the line is a slight departure from her usual style, Grandy said a common thread persists in all her collections.

"Timeless elegance," she said. "I like to keep it simple."

THANDI FLETCHER/METRO

Grandy C. hits the Vancouver fashion stage at 5 :45 p.m.

Last night's show: Glitz, brights and bolds

It's official: Vancouver Fashion Week is in full swing after opening Monday with a diverse mix of sartorial offerings.

More than 50 models strutted their stuff on the catwalk for the opening gala, showcasing one look for each of the designers who will take part in the week-long event at Queen Elizabeth Plaza.

Although the opening show featured a mix of designers, three clear trends emerged that will likely to be winding their way from the runway to high street for fall-winter 2015.

1) Sparkle and shine: Peruvian designer Noe Bernacelli opened the show with a gold-and-cream mini-dress, left, that dazzled the audience with its glitzy embellishments and heavy brocade.

2) Bold brights: Magaly Guillen, also of Peru, made a splashy entrance with a showstopper knit dress, centre. The highly saturated bright red of this avant-garde number featured matching knit boots and a puffed sleeve.

3) Shades of black: Although some designers offered bold colours, black dominated the runway. Emerging designer Alcoolique's sheer polka-dot blouse and black leather skirt was met with hoots and hollers from a crowd on the edge of their seats.

THANDI FLETCHER/METRO

JENNIFER GAUTHIER/FOR METRO

Street style

Name: Jerome Mendoza of Vancouver

Age: 19

Occupation: Model

What he's wearing
"I'm wearing Chelsea boots from Forever 21, which I got for $40, some old jeans from H&M, Joe Fresh basic black T-shirt, Hollister denim jacket, Calvin Klein watch and a vintage hat that I got at Value Village."

His inspiration
"For me, my style is, just mix-and-match everything and try to make it elegant. My idol is Coco Rocha."

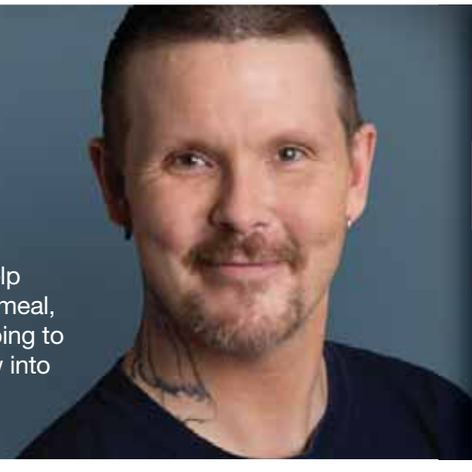
His style motto
"Just be yourself."

THANDI FLETCHER/METRO

I CHANGED ME

"For the first time in my life, I know my purpose … to help those in need. Whether that help is a shelter bed, a hot meal, or to lend an ear in times of emotional distress, I love going to work day in, day out. Thanks for helping this spark grow into a flame Stenberg!"

TROY BALDERSON
Community Mental Health Worker



TROY BALDERSON replaced a life of drugs and jail with a career helping others.

WATCH his story at *ichangedme.com*

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ELIZABETH BEDDALL/METRO

MetroTalks Thomas Mulcair

The NDP leader takes on Trudeau, Harper and the polls

MULCAIR IN FULL FIGHT MODE

ROSEMARY WESTWOOD
Metro in Toronto

Polls be damned.

As far as Thomas Mulcair (or "Tom," as he likes to be called) is concerned, it's the pitbull versus the prime minister in the upcoming federal election.

"People want change. They say, 'When are you going to get rid of that bleep bleep Harper,'" the NDP leader said during a wide-ranging interview with Metro.

Often at ease, approachable and personable, Mulcair's trademark aggression (which won him the nicknames "Pitbull" and "Grizzly") flipped on when he spoke of the prime minister.

"Stephen Harper is my adversary. He's the one doing the damage to Canada's international reputation, he's the one who's hurting the average Canadian working family, he's the one who's damaging the environment."

Harper's recent battle against the niqab and his assertion that it comes from an "anti-women culture" is reprehensible, Mulcair said.

"It leads to the feeling that it's OK to be Islamophobic," he added.

Harper aside, Mulcair has another fight on his hands in the headline-grabbing campaign of Liberal Leader Justin Trudeau.

Despite recent polls showing either the Conservatives or Liberals leading, Mulcair downplayed Trudeau's appeal and attacked him for a lack of leadership and his tepid support of Bill C-51.

"I'm the leader of the official Opposition," Mulcair said. "We're the only ones who have ever been able to stand up to Mr. Harper."

Besides, the NDP has "always fought for every column inch," he added.

Pundits warn that Harper could ride to yet another victory if the Liberals and NDP split the progressive vote. Mulcair said his party has been open to working with the Liberals to prevent that.

He extended the invitation in a speech one year ago, and then again in December. Both times the Liberals "slammed that door," Mulcair said.

"So my priority is getting rid of Stephen Harper. Justin Trudeau's priority is Justin Trudeau," he said. "The public will know that as they head into this election campaign."

They'll also need to know more about him.

Mulcair doesn't have Harper's longevity, Jack Layton's popularity, or Trudeau's celebrity. As he puts it, Trudeau's more Vanity Fair while he's more National Geographic.

What he does have is as much quirk as bite, cutting a grandfatherly figure in a dark suit and an orange tie dotted with tiny blue dolphins, and doodling a small flower while listening to a question.

Quick with sound bites, he's also a natural storyteller fond of historical interludes to illustrate a point (such as the NDP's role in founding public health care).

And he is, he says, principled before strategic.

"When you have convictions, you have to have the courage of those convictions, even when it's tough, even when you're being told that the polling numbers are completely against you," he said.

It remains to be seen if that will be enough to win.

‘As Toronto goes, so will go the rest of our economy’

JESSICA SMITH CROSS
Metro in Toronto

Thomas Mulcair, a Montrealer, isn’t afraid to say that Toronto is Canada’s most important city.

In an interview with Metro’s editorial board on Monday, the NDP leader spoke about his cross-Canada urban strategy that recognizes the importance of Canada’s major cities to the country and its economy — Toronto above all.

“I make no bones about the fact that Toronto is Canada’s most important city. That’s a simple statement for me to make,” said Mulcair. “It’s a simple fact. Toronto is Canada’s most important city. It’s the key driver of our economy; as Toronto goes, so will go the rest of our economy.”

He recited a litany of facts to support that: The Greater Toronto Area has more than six million people, Toronto contributes 20 per cent of Canada’s GDP, and along with Montreal and Vancouver, the country’s three biggest metropolitan areas make up just over half of Canada’s population.

Quoted

“I make no bones about the fact that Toronto is Canada’s most important city. That’s a simple statement for me to make ... It’s the key driver of our economy.” NDP Leader Thomas Mulcair

Mulcair said residents of Canada’s other cities shouldn’t take his Toronto appreciation badly, because it’s part of a larger urban plan that recognizes the importance of all of Canada’s cities.

“When we’re talking about transit, I’m not excluding Calgary, Edmonton, Vancouver or Montreal. I’m saying every city in this country deserves to have a modern transit system, which we don’t have,” he said.

To support Toronto — and the country’s other major cities — Mulcair said an NDP government would work with provincial and civic leaders to support affordable housing, devote one extra cent of the gas tax to major cities’ transit and create new child-care space.

In Toronto, that means 164,000 new GTA daycare spots over eight years; about $90 million a year for transit; and a commitment to help fund the massive social housing repair backlog.

Before coming to Metro’s newsroom, Mulcair spent a half-hour in Toronto Mayor John Tory’s office Monday afternoon discussing those issues. Afterwards, Tory praised Mulcair for being upfront about Toronto — something, he noted, other politicians have been hesitant to do.

Tory himself admitted that in his days before being mayor, when he was CFL commissioner, he’d tell people from Western Canada he’s from “North York” so as not to disclose he’s from Toronto.

In quotes. Mulcair on terrorism, the youth vote and climate change

The youth vote

• “Young people today finishing their studies are finishing with $60,000 to $70,000 in debt. When are they supposed to start a family if that’s what they want for themselves?”

• “We have a generation now that’s earning less than their parents and grandparents. The biggest inequality in our country is between generations.”

• “In the last election, 65 per cent of young people aged 18 to 25 stayed home, two out of three. That worked out very well for Mr. Harper, by the way, because when young people stay home, the right wing wins and democracy loses. We have to change that.”

Racism and Islamophobia

• “We’re a country of immigrants. My wife is an immigrant to Canada. It’s becoming a more and more closed place under the Conservatives.”

• “Mr. Harper’s singling out of the Muslim community has been, I think, one of the worst things I’ve seen in my political career.”

• “If you have the highest elected official in the country openly using terms that can lead to Islamophobia. I find it reprehensible. It’s abject, and I never thought I’d see it in Canada.”

Terrorism and Bill C-51

• “This is a horrible piece of legislation, very dangerous to our rights and freedoms.

• “I’m not trying to understate the importance of fighting terrorism. This is a real issue that requires real solutions.”

• “When you have convictions, you have to have the courage of those convictions, even when it’s tough, even when you’re being told that the polling numbers are completely against you.”

• “You’re opening yourself up to First Nations groups, environmental groups, social activists being snooped on, having their privacy, their private life snooped on, because they’re doing what’s supposed to be normal in a free and democratic society.”

The importance of cities

• “I think the best plan is to have a federal government that works with the provinces and territories.”

• “People have to understand the importance of coming to grips with issues like gridlock.”

Environment

• “I would love nothing more than if my first act as prime minister of Canada would be to attend the COP 21, the Conference of the Parties to Kyoto, in Paris in December of this year. I firmly believe that this is the defining issue of our times, because it’s the future. This is the one that’s going to resonate for generations and generations to come it we don’t get it right. And we have to get it right.”

• “Canada is the only country in the world to withdraw from Kyoto and I think that’s scandalous.”

ROSEMARY WESTWOOD/METRO

Prime mug

I challenge you to a ... beard

LUKE SIMCOE
luke.simcoe@metronews.ca

It’s been more than 100 years since the highest office in Canada was held by a man with a beard — not since Mackenzie Bowell left office in 1896.

Thomas Mulcair is itching to change that.

“I think it’s long overdue,” he told Metro Monday, a wry smile peeking out from beneath his whiskers.

The NDP leader first grew a beard when he was 18, in a bid to look older during his first year of law school. Since then, he’s shaved it only once, in 1978.

“Not one of our friends recognized me,” he said.

Metro asked Mulcair to draw some facial hair on his two opponents in the upcoming election: Liberal Leader Justin Trudeau and Prime Minister Stephen Harper.

Trudeau’s mug received a five o’clock shadow in Liberal red, while Mulcair gave Harper a full beard in green.

“I’ll give Mr. Harper a green beard, so maybe he’ll think a little bit more about the environment,” he joked.

Asked to choose his favourite celebrity facial hair, Mulcair went with newly grey-whiskered Stephen Colbert

NDP Leader Thomas Mulcair and his wife Catherine Pinhas inspect celebrity beards, top. Below: Mulcair gives his opponents, Liberal Leader Justin Trudeau and Prime Minister Stephen Harper, some facial hair of their own.

3 things Catherine Pinhas thinks you might not know about her husband

“That he’s very kind.”

“He has a job as official Opposition, he has no choice, he has to stand up, and react. They might be surprised to know that he’s shy. Sometimes you’re going to see him feel a little bit uncomfortable if people say kind words. He feels a little embarrassed, I guess.”

“He is principled, and he’s a loving person.”

ALL PHOTOS: ELIZABETH BEDDALL/METRO

Accused nearly aborted bomb plot

Court. Video footage highlights lingering doubts about carrying out Victoria attack

A couple accused of plotting to attack British Columbia's legislature on Canada Day considered backing out with just hours to go, but with the bombs ready and powerful associates expecting them to follow through, they concluded it was too late, their trial heard Monday.

John Nuttall and Amanda Korody, who are now on trial for terrorism-related offences, were captured by a hidden RCMP video camera in a hotel room on Vancouver Island on the evening of June 30, 2013. In just a few hours, they expected to drive an hour south to Victoria to plant homemade pressure-cooker bombs on the legislature lawn.

In the video, Nuttall becomes increasingly agitated as he complains that an Arab businessman and his accomplices — all undercover RCMP officers — have pressured them to rush their attack.

"Maybe we shouldn't do it then," says Nuttall.

"Except now we got two bombs in his (the Arab businessman's) possession that are attached to timers and something is going to happen to them," replies Korody.

"We have no options," says Nuttall. "We have no way out."

Nuttall's main concern appears to be that the attack was poorly planned because they weren't able to take their time to become more prepared.

Nuttall and Korody have both pleaded not guilty to four terrorism-related charges.

THE CANADIAN PRESS

John Nuttall, left, with a Qur'an, and Amanda Korody appear in provincial court in Surrey on July 9, 2013. Nuttall said he thought his alleged plot would change the world. FELICITY DON/THE CANADIAN PRESS

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Travel. Canada-U.S. come to terms on customs pact

Travel to the United States by road, rail and sea could undergo a major revamp as the result of a new agreement between Canada and the U.S.

Public Safety Minister Steven Blaney and U.S. Homeland Security Secretary Jeh Johnson have signed a customs preclearance agreement that was years in the making.

The arrangement would allow customs agents to work in each other's countries, which means they could screen passengers away from the border and ease the choke points.

That process already exists in air travel at eight airports. People can clear U.S. customs in cities such as Vancouver, Toronto and Montreal.

The countries had signalled their intention to expand that arrangement to land and sea travel as part of the 2011 Beyond the Border deal between Prime Minister Stephen Harper and President Barack Obama.

But they missed a late-2012 deadline to reach a legal agreement that would let law enforcement officials operate inside the neighbouring country.

The statement says the agreement applies to all modes of transport, potentially even passenger vehicles. It also says customs agents will be allowed to carry firearms in each other's countries.

THE CANADIAN PRESS

ISIL mission. Feds near decision on role extension

The federal cabinet is poised to decide on an extension to the combat mission against the Islamic State of Iraq and the Levant and, should it be approved, several defence sources say it likely would involve a commitment of possibly up to a year.

Defence Minister Jason Kenney wouldn't indicate which way the debate is going, but said a verdict will come in the near future and that "we're considering various options."

The mandate for the existing mission expires within the next few weeks. An extension of six months would require another evaluation and renewal in October — when the government is expected to be campaigning for re-election.

THE CANADIAN PRESS

Crime

Parole board too low on resources to process pardons

The Parole Board of Canada says it can no longer dedicate resources to clearing a backlog of old pardon applications, leaving thousands of former offenders in legal limbo. The board's 6,000 remaining pardon applications received before the rules were changed in 2012 will be processed as time and money permit.

THE CANADIAN PRESS

Bomb plots

Man accused of plotting bomb attacks remains in federal custody

A Pakistani man the federal government has branded as a supporter of ISIL and accused of plotting bomb attacks on downtown Toronto was ordered to remain in custody on Monday pending a deportation decision. Government lawyer Jessica Lourenco made no new allegations against him. THE CANADIAN PRESS

Middle East. ISIL using gas attacks, say Kurds

Kurdish forces in Iraq are investigating two other possible chemical weapons attacks by the Islamic State of Iraq and the Levant (ISIL), a top official said Monday, as authorities put an Iraqi offensive to retake Saddam Hussein's hometown on hold.

The two purported chemical weapon assaults resemble one claimed Saturday by Kurdish officials who say an independent laboratory concluded the militants used chlorine gas against its peshmerga forces in a Jan. 23 truck suicide attack. However, their claims were not immediately verified by international authorities.

Iraqi officials and Kurds fighting in Syria have made similar allegations about the militants using the low-grade chemical weapons against them. ISIL, which controls a third of Syria and Iraq in its self-declared caliphate, has not commented on the claims.

Gen. Aziz Wesi, in charge of a Kurdish special forces brigade, told journalists Monday that authorities declined to discuss the two newly announced attacks at the time when they happened on Dec. 26 and Jan. 18, out of fears of causing a panic.

Kurdish officials have offered footage of the aftermath of the Dec. 26 attack, which shows fighters coughing and pouring water over their heads after another suicide truck bombing that authorities say wounded some 60 men.

"I put a wet scarf on my face because when I saw the gas, I felt it," said Capt. Mohammad Sewdin, who leads the Kurdish special forces unit targeted in the December attack. "I was afraid it might be something like (chemical weapons). So I told my men to do the same."

Sewdin told The Associated Press he was temporarily blinded for six hours after the attack and coughed up blood. He and others were hospitalized.

THE ASSOCIATED PRESS

South Pacific rebuilds after 'monster' cyclone

Samuel, only his first name given, kicks a ball through the ruins of their family home as his father, Phillip, at back, picks through the debris on Monday in Port Vila, Vanuatu, in the aftermath of Cyclone Pam. Vanuatu's president, Baldwin Lonsdale, said that the cyclone that hammered the tiny South Pacific archipelago over the weekend was a "monster" that has destroyed or damaged 90 per cent of the buildings in the capital and has forced the nation to start anew. The United Nations says that 24 people are confirmed dead and 3,300 have been displaced by the cyclone. Meanwhile, the Canadian Department of Foreign Affairs says it's believed 29 citizens are in the affected region. Foreign Affairs says its office in Canberra, Australia, and the Australian High Commission in Port Vila are providing assistance to Canadian citizens in Vanuatu affected by the storm.

PHOTO: DAVE HUNT/THE ASSOCIATED PRESS, TEXT: THE ASSOCIATED PRESS & THE CANADIAN PRESS

Radicalism

ISIL-recruited Brits a growing worry

British police, under pressure to stem the flow of would-be militants eager to join the Islamic State of Iraq and the Levant, on Monday arrested an 18-year-old man suspected of planning to travel to Syria.

The arrest is a sign of increasingly strenuous efforts by police to stop the flow of radicalized young Britons to the Middle East.

THE ASSOCIATED PRESS

Israeli election

Netanyahu sliding, keeps hard line

In a frenzied last day of campaigning, Prime Minister Benjamin Netanyahu on Monday ruled out the establishment of a Palestinian state and vowed to strengthen construction in east Jerusalem settlements as he appealed to hard-line voters on the eve of Israel's closely contested general election. THE ASSOCIATED PRESS

Young adults want news every day: Survey

Sources. Millennials get harder news from traditional media sites and lifestyle items overwhelmingly from Facebook, survey finds

Young adults have a reputation for being connected to one another and disconnected from the news. But a survey has found that mobile devices and social networking are keeping them more engaged with the broader world than previously thought.

They want news, they say, though they don't always aggressively seek it out — perhaps simply happening upon it on a friend's online feed. And they want it daily.

The survey of Americans ages 18 to 34, sometimes called the millennial generation, found two-thirds of respondents said they consume news online regularly, often on a social networking site.

Of those, 40 per cent do so several times a day, according to the poll, conducted by The Associated Press-NORC Center for Public Affairs Research and the American Press Institute.

It's been a slowly building trend in news consumption that experts say is trickling up to older generations — and that young people say helps them stay current, even if they never read an actual newspaper or watch the evening news on TV.

The respondents said their consumption of news and information on various devices was most often sparked by an interest in civic issues, for social reasons, including discussing a topic with friends, or because they just find it enjoyable.

Tom Rosenstiel, executive director of the American Press Institute, noted that many respondents who generally let news come to them might comment on a story posted by a friend or look for more information because they were skeptical. He noted that 70 per cent of young adults surveyed say their social media feeds include a mix of viewpoints, increasing their chances of reading a wider array of content.

Overall, the survey found that the average young adult regularly uses three or more social media platforms, among them Twitter, YouTube and sometimes Tumblr and Reddit.

THE ASSOCIATED PRESS

Air travel. Man takes rights fight to new level

A Halifax man who has been a thorn in the side of Canada's airline industry is taking his crusade to the next level.

After years of bringing complaints against the airlines before the Canadian Transportation Agency, Gabor Lukacs, 32, is challenging the operations of the agency itself.

The mathematician has launched a constitutional challenge against the regulator, claiming its failure to disclose evidence received while reviewing passenger complaints is a violation of the open court principle in the Charter of Rights and Freedoms.

In recent years, Lukacs has been responsible for increasing the compensation Canadians receive when they are bumped by overbooking. Air Canada, Porter Airlines and Air Transat are among the companies whose policies have changed because of his complaints.

Born in Hungary, Lukacs came to Canada at the age of 16.

THE CANADIAN PRESS

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Nutrition. Experts tout Coke as sensible snack

Coca-Cola is working with fitness and nutrition experts who suggest its soda can be an acceptable treat, at a time when the world's biggest beverage maker is being blamed for helping to fuel obesity rates.

In February, several of the experts wrote online posts for American Heart Month, with each including a mini-can of Coke or pop as a snack idea. The pieces — which appeared on nutrition blogs and other sites including those of major newspapers — offer a window into the many ways food companies work behind the scenes to cast their products in a positive light, often with the help of third parties seen as trusted authorities.

Ben Sheidler, a Coca-Cola spokesman, compared the February posts to product placement deals a company might have with TV shows.

"We have a network of dietitians we work with,' said Sheidler. 'Every big brand works with bloggers or has paid talent."

Other companies including Kellogg and General Mills have used strategies like providing continuing education classes for dietitians and funding studies that burnish the nutritional images of their products.

PepsiCo has also worked with dietitians who suggest its Frito-Lay and Tostito chips in local TV segments on healthy eating.

Coca-cola is working with fitness and nutrition experts who suggest its cola as a healthy treat.

WILFREDO LEE/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

McDonald's. Workers file complaints over burns

McDonald's workers in 19 cities in the U.S. have filed complaints over burns from popping grease, a lack of protective equipment and other workplace hazards, according to labour organizers.

The complaints are the latest move in an ongoing campaign to win pay of $15 US an hour and unionization for fast-food workers by publicly pressuring McDonald's to come to the bargaining table. The push is being spearheaded by the Service Employees International Union and began more than two years ago. Already, it has included protests around the country and lawsuits alleging workers weren't given their rightful pay.

The burns and other hazards were detailed in complaints announced Monday and filed with U.S. Occupational Safety and Health Administration in recent weeks. Workers cite a persistent lack of gloves for handling hot equipment and say they're been burned while cleaning grills that have to be kept on.

The complaints also detail a lack of training for handling hot fryers and slipping on wet floors.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 78.25¢ (+ 0.06¢)

TSX 14,862.76 (+ 131.26)

OIL $43.88 US (- 96¢)

GOLD $1,153.20 US (+ 80¢)

Natural gas: $2.716 US (- 1.1¢)
Dow Jones: 17,977.42 (+ 228.11)

Costco Canada

Licence to import fish suspended

The Canadian Food Inspection Agency has suspended Costco Canada's fish import licence., saying the retail giant is not reliably following food safety controls on a consistent basis. The suspension went into effect on Feb. 26.

The CFIA says Costco can't import fish products into Canada until it takes corrective action.

THE CANADIAN PRESS

Premium text

Rogers agrees to refund fees

Rogers Communications has agreed, in a deal with the Competition Bureau, to pay refunds or credits to cellphone customers who were charged for premium text services from Jesta and MMS for services such as Mind Quiz, Love Crush and Joke a Day. Current Rogers customers will get automatic credits, while former customers will be contacted.

THE CANADIAN PRESS

GamePlus

CRTC backs Rogers on exclusive service

The CRTC ruled Monday that Rogers Communications can give its subscribers exclusive access to its GamePlus service, which delivers bonus content from NHL games. It dismissed a complaint filed against Rogers by rival Bell TV's parent company, which said GamePlus should be available for free to all subscribers of NHL GameCentre Live.

THE CANADIAN PRESS

VOICES

A CITY OF TWO TALES

NDP Leader Thomas Mulcair and Liberal Leader Justin Trudeau make separate stops in Toronto within the same week — both touting very different paths forward

CHANTAL HÉBERT
readers@metronews.ca

Within the space of a single week, Justin Trudeau and Thomas Mulcair each delivered major speeches designed to stake out some critical pre-election territory.

Both opposition leaders chose Toronto as their venue, a decision dictated as much by the city's status as the national headquarters of the country's English-language media as by the GTA's weight in the outcome of next fall's election.

The similarities stop there.

Trudeau spoke to a non-partisan group made up of McGill University alumni.

Mulcair addressed one of the largest in-between-elections rallies that the federal NDP has ever held.

The Liberal leader spoke of values and denounced what he believes is a blatant Conservative attempt to use the terrorism file to divide Canadians along Muslim and non-Muslim lines.

Mulcair set out the urban agenda of an NDP federal government.

His speech emphasized Toronto's central place on the municipal map of the country — calling it the most important city in the country — but his prescriptions were generic.

Minus the local references, Sunday's text could easily serve as a template for similar speeches in Canada's other big cities.

The Liberal leader's speech was the more hard-hitting of the two but also the more high-risk.

Fostering discrimination against a minority is one of the most serious charges that an opposition leader can level at a sitting prime minister.

That could be construed as a glaring contradiction since it is Liberal policy to support Harper's controversial anti-terror legislation, regardless of whether or not the government addresses Trudeau's concerns about its reach.

Tom Mulcair shares a laugh with Justin Trudeau at a panel discussion on youth voting. ADRIAN WYLD/THE CANADIAN PRESS FILE

By comparison, Mulcair's speech was a safe one. It is hardly the first time that a federal leader promises the cities a better deal and there is little revolutionary about adding a seat devoted to urban affairs at the cabinet table of an NDP government.

The most controversial element of the speech — if you can call it that — was the contention that, more so than that of any other (smaller) Canadian city, the success of Toronto is essential to the country's economic health.

According to party strategists, Mulcair deliberately stuck to bread-and-butter issues the better to bring the economy back on the political radar.

They believe the issue is becoming a liability for the ruling Conservatives. (For the record, so far the latter still score better on the economy than their opposition rivals.)

In the end, the differences between the Trudeau and Mulcair speeches spoke more loudly of distinct pre-election needs than of different priorities.

Two years into his leadership, Trudeau has not yet quite shaken off the perception that he is a policy lightweight.

At the same time, the Liberals have made the strategic decision to not release their platform until the campaign.

In the absence of a fleshed-out policy book, the "values" speech Trudeau delivered last Monday was designed to anchor his political persona to some core principles.

It was also meant to offset the Liberal decision to support Bill C-51 by adding some space between Trudeau and the Conservatives on the larger anti-terror narrative.

The NDP's event, on the other hand, was at least as important for its form as for the content of Mulcair's speech.

The past four years have been miserable ones for the New Democrats, with precious little to suggest they are on the move nationally.

They have endured the untimely death of a much loved federal leader; the loss of power in Nova Scotia; a civil war at the top of Manitoba's NDP government; unexpected mayoral defeats in Toronto and Vancouver, and underwhelming provincial results across the country.

Against that backdrop, the successful staging of a major rally in Toronto — a city where the NDP lost a seat since the last election — was meant to at least project some critically needed momentum.

It was also designed to blunt some of the edges of Mulcair's image.

For all his success or, perhaps, because of it as the prosecutor-in-chief of the government in Commons, his profile outside Quebec remains both lower and not as voter-friendly as Trudeau's.

That he was under instructions to play nice may explain why Mulcair smiled his way through his Sunday speech. He smiled so hard as to make one wonder whether he was trying to channel Jack Layton.

Chantal Hébert is a national affairs writer.

The power of confirmation bias to shape our reality

YOUR RIDE
Karen Quinn Fung

Let's say you are out and about, at a coffee shop or library. Imagine that you are watching people coming in and out. If we asked you to guess as to what percentage of people arriving did so by driving, walking, cycling or transit, how close do you think you'd be?

If you are anything like the operators of thousands of businesses who have been asked a similar question across North America (and even beyond) in studies of the economic impact of on-street cycling facilities, you are probably pretty far off the actual count.

Overwhelmingly, businesses overestimate the number of people using a car significantly, while significantly underestimating the number of people who walked, cycled and took transit.

As chronicled by Eric Jaffe, writing for CityLab, this result has been found not only here in Vancouver, but also in Toronto, New York and San Francisco; in New Zealand, England and Austria, as well as our neighbours in Seattle, Portland and Victoria.

How can so many people be so consistently wrong?

My suspicion is that one big factor is at work for the vast majority of us getting it wrong: Confirmation bias. This refers to how we'll often hold an idea or a belief, collect information that supports or confirms it, then continually discard evidence that disagrees with that idea.

Often we do this unconsciously, because it's less complex than examining whether the idea is helpful or represents reality accurately.

While confirmation bias underscores the value of an open mind for just about all topics and aspects of our life, as well as the importance of objective measurement, it highlights why those urging a Yes vote for the congestion improvement sales tax for funding the Mayors' Council's 10-year plan have had such an uphill battle to fight.

There's no shortage of heated debate about claims being made about TransLink on both sides of the issue.

But combine this with what makes headlines in media — service outages, crimes, or complaints. Anyone looking for evidence in support of our transit service probably needs to look pretty hard and deliberately for it, amongst sidebar blurbs about the province's efficiency reviews and/or annual customer service ratings.

In short, the No side's campaign for this vote started long before the province announced anything about the ballot, even as its constraints have further forced TransLink into decreasing the quality of service.

But if the near and long-term future of our community and region's quality of life truly matter to us as citizens who value things — not just taxpayers knowing the cost of everything — then we owe it ourselves, and our future selves, to know exactly what it is we're voting Yes or No for.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

metro

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Woodgrove Centre

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PITT MEADOWS
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Pine Centre

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2065 West 41st Ave.
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Emile Hirsch heads to court

Scandal. Actor faces up to five years in prison for alleged assault at Utah club

Actor Emile Hirsch made his first court appearance Monday on allegations that he put a studio executive in a chokehold and dragged her across a nightclub table while in Utah for the Sundance Film Festival.

The Into the Wild star declined to comment Monday outside court in Park City.

His attorney Neil Kaplan said Hirsch is receiving counselling after going to rehab.

The actor from Encino, Calif., is charged with felony assault, which is punishable by up to five years in prison and a $5,000 fine. He also faces a misdemeanour count of intoxication.

He isn't required to be at the next hearing, set for April 13.

Hirsch may also be excused from other upcoming hearings, a concession often granted to out-of-state defendants who are co-operating, said Summit County prosecutor Ryan Stack. Stack said he had no comment on a possible plea deal.

The woman Hirsch is accused of assaulting on Jan. 25 is Daniele Bernfeld, an executive for the Paramount Pictures subsidiary Insurge Pictures.

Hirsch lawyer Robert Offer has said the actor was drinking alcohol and doesn't remember what happened that night. Offer also said last month that Hirsch checked into rehab within days of the incident.

Offer was not immediately available for comment Monday.

Hirsch is best known for his Into the Wild role. He was at Sundance for the premiere of the drama Ten Thousand Saints, in which he appears alongside Ethan Hawke and Asa Butterfield.

THE ASSOCIATED PRESS

Emile Hirsch ALL PHOTOS: GETTY IMAGES

Bye-bye, Bündchen?

Brazilian supermodel sensation Gisele Bündchen is reportedly set to retire from the runway after two decades in the spotlight. The whispers, which began with an editorial in Brazilian newspaper Moda Estadão, suggest that Bündchen will walk her last runway in April at the Colcci show as part of São Paulo Fashion Week. Bündchen, who shares a long-term relationship with the Colcci brand, has starred in many of its previous campaigns and also famously chose the brand for her return to the catwalk following the birth of her son Benjamin in 2010. Bündchen, reportedly the world's highest paid model for the last 10 years, most recently walked for Chanel in September 2014.

AFP

Gisele Bündchen

Jennifer Aniston

Uninvited guest plants himself on Aniston's lawn

Jennifer Aniston got some unsolicited gardening recently when a drunk driver reportedly jumped the curb and landed in her lawn, taking out some plants along the way, according to TMZ. It's unclear whether Aniston or fiancé Justin Theroux were home at the time, but her security guard called the cops who promptly arrived and busted the driver after he failed a sobriety test.

There's a very obvious Friends theme song joke in this about being stuck in second gear, but I like to think I'm better than that. (I'm not.)

Gossip

NED EHRBAR

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Community actors Joel McHale, left, Gillian Jacobs and Ken Jeong. GETTY IMAGES

Television. You Britta believe it! Community gets a refresher course

The world of TV is littered with examples of much-loved but under-watched shows that aired for a season and disappeared, but few have had as strange a life as Community, the pop culture-obsessed show about a group of misfits at a community college. After NBC finally pulled the plug, an unexpected saviour popped up in the form of Yahoo, and the show returns today with new episodes.

"Post-House of Cards, you'd be silly to be nervous, especially at a place like Yahoo, that has the resources to really support the show," she says. "You look at the other programming they're doing — they have good taste! I mean, they liked us, so they have great taste."

The return of the show means viewers get to see all kinds of new journeys for the characters, and meet Britta's parents, who are played by Martin Mull and Leslie Ann Warren (or Colonel Mustard and Miss Scarlett, if you're Clue fans).

"As a Clue fan, I was really excited," says Jacobs of the casting. "We're starting to see a little bit more of the characters' outside lives, help inform who they are, why they are, what the hell happened to Britta to make her Britta."

She's referring, of course, to the various characters' tendency to call her "the worst" all the time, for her buzzkill tendencies. Would she ever want them to stop calling her that?

"No, I'm branded with that! It's a point of pride now, to be the worst. No, that's like a tattoo, I can't."

LISA WEIDENFELD/METRO IN NYC

New characters, new time

The show will be introducing two new characters, played by Paget Brewster and Keith David.

- The first two episodes of Community premiered online Tuesday.
- Yahoo picked up the show after it was cancelled by NBC last year.

World a happy hunting ground for UN playlist

Music. UN asks music lovers around globe to share songs that bring them joy, in honour of Day of Happiness

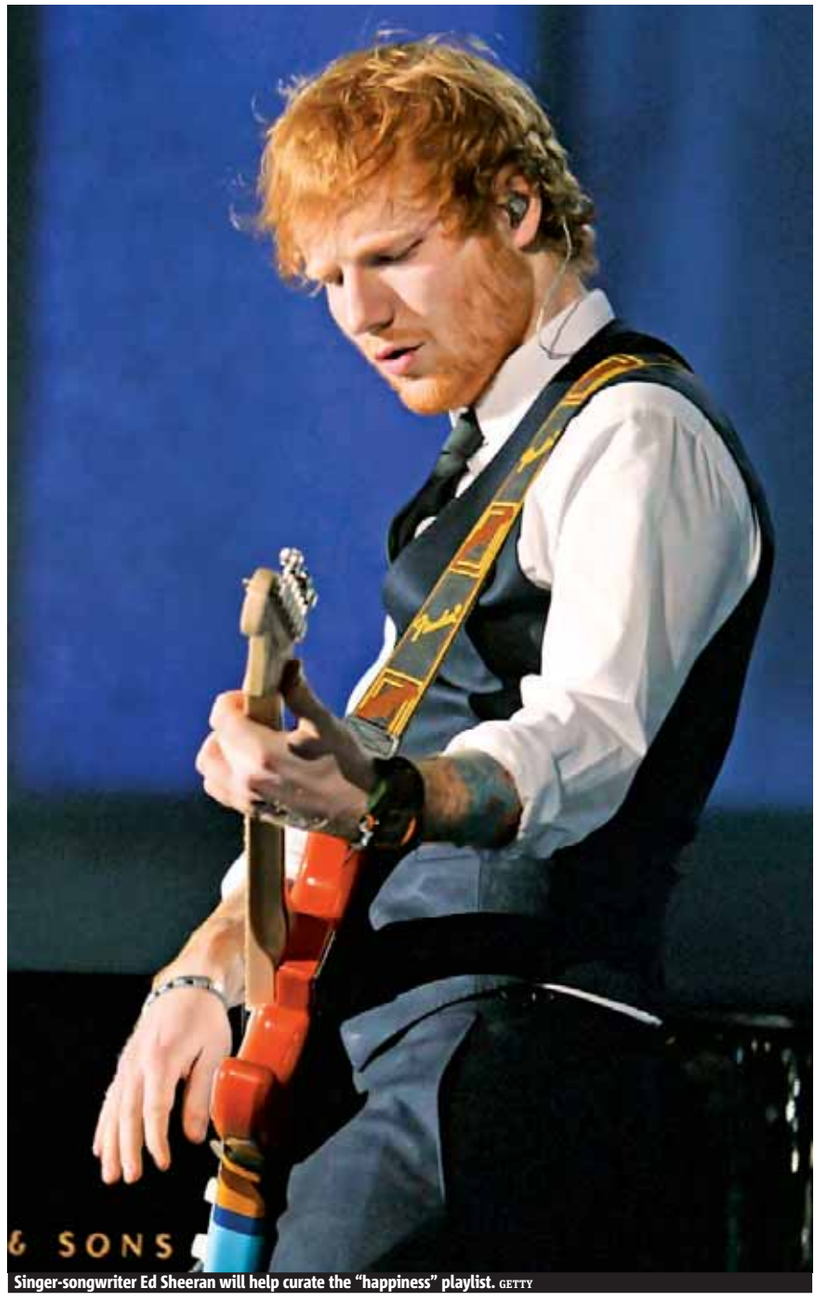
What is happiness? The United Nations is teaming up with pop stars to create a playlist that asks, in musical form, that eternal question.

A campaign launched Monday is asking listeners around the world to post through social media the songs that make them happy, with the playlist to be revealed Friday on the UN-declared International Day of Happiness.

The curators who will assess the responses and determine the playlist include the British singer-songwriters Ed Sheeran and James Blunt, U.S. singer-songwriter John Legend, French DJ David Guetta and the Portuguese pop star David Carreira.

UN Secretary-General Ban Ki-moon, who is not generally known for his rock star persona, announced the initiative in an MTV-style video in which he offered his vote for Stevie Wonder's 1970 hit Signed, Sealed, Delivered.

Ban said that the song — also known to be a favorite of U.S. President Barack Obama — represented his hopes for a successful agreement on climate change at a UN-led conference in Paris later this year. AFP



Singer-songwriter Ed Sheeran will help curate the "happiness" playlist. GETTY

#HappySoundsLike

Last year, the International Day of Happiness invited music fans around the world to dance to Pharrell Williams' hit Happy, creating a viral sensation.

- **The campaign, which did not specify restrictions on genre, asked music fans to post songs on social media with the hashtag #HappySoundsLike.**
- **The playlist will be released by streaming service MixRadio.**

Gross National Happiness

The United Nations in 2012 declared an International Day of Happiness — which coincides with the first day of spring in the Northern Hemisphere — after an initiative by Bhutan, the Himalayan land that measures a Gross National Happiness instead of a standard economic indicator.

- **"On this day we are using the universal language of music to show solidarity with the millions of people around the world suffering from poverty, human rights abuses, humanitarian crises and the effects of environmental degradation and climate change," Ban said.**

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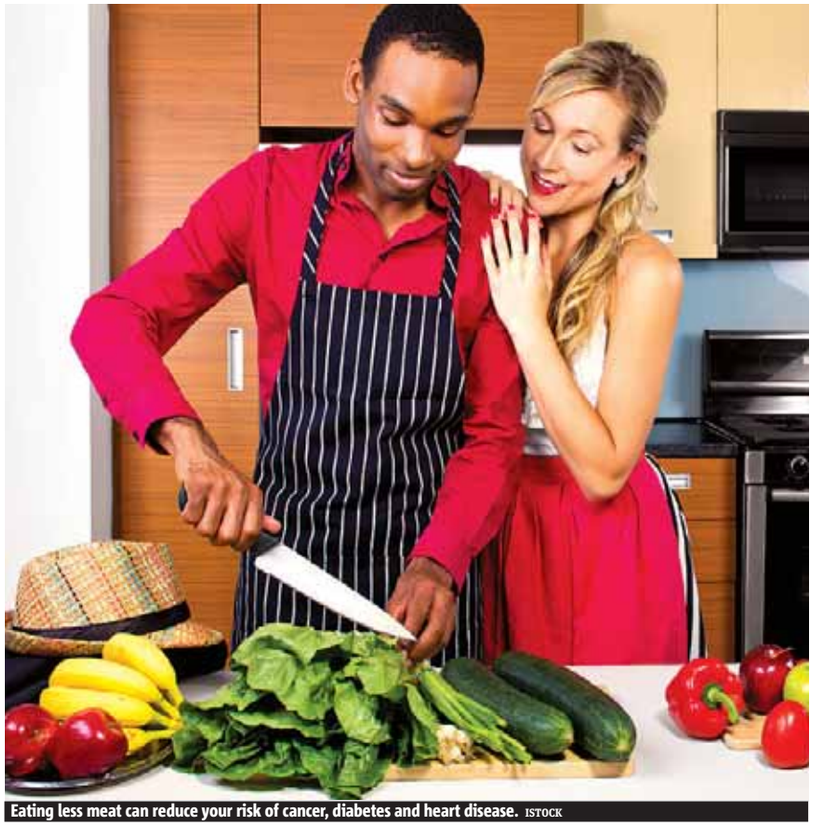
Vegetarianism for couples 101

Healthy eating. It can be difficult to get meat-loving guys (and gals) to eat more veggies. Here are some tips on getting it done

EVA KIS
Metro World News



Eating less meat can reduce your risk of cancer, diabetes and heart disease. ISTOCK

How's your healthier eating resolution going? If you've had better intentions than follow-through, get back on the wagon this week with a change that won't turn your life upside down: a meatless day of the week.

Diana Rice, a dietician with the Meatless Monday campaign, an international effort that encourages people to not eat meat on Mondays to improve their health and the health of the planet, has plenty of suggestions to get you started — no matter what day it is. But she also speaks from experience when it comes to what will likely be your biggest obstacle (after cravings): your partner.

"My husband is from the (American) south, and growing up he didn't really think about the advantages of vegetarian anything," she says. Bacon and eggs for breakfast, a ham sandwich for lunch and a steak for dinner was pretty standard.

And while you probably know that eating less meat can lower cholesterol and reduce your risk of cancer, diabetes and heart disease, a lecture about the health benefits of veggies might be the only thing less appetizing to him than trading steak for tofu.

But don't give up hope. Rice, whose husband often serves as the "guinea pig" for her foodie experiments, shared her ideas.

Play up other flavours

"Pasta is such a versatile dish. It'd definitely be the place I'd start," says Rice. Use cherry tomatoes instead of sauce from a jar, fresh basil instead of dried and really good cheese, and he'll forget he's not eating meat. Shop at a farmers market so you know you're only buying what's in season, when it tastes best, and talk to the vendors to get ideas.

Don't get crazy

"If you're just starting out, don't buy tempeh and try to make some really weird vegetarian thing that's totally unfamiliar to you," cautions Rice. Work your way up to it by starting with what you already know: chili with beans instead of ground beef or using sautéed mushrooms as the main part of a dish instead of a side.

Think like a guy

If your guy likes steaks, try making a vegetable steak: Cut a one-inch-thick slice out of the middle of a cauliflower, brush it with olive oil and grill it, then serve it with some A1 sauce. "Having the vegetable be a standalone in the same way we might expect the steak or a piece fish to be can help us overcome that mentality that there is something lacking from the meal," says Rice.

Chef's choice

Most guys still aren't doing the cooking, so if they're hungry they'll probably eat what's in front of them. So don't be afraid to try something just because you think he won't like it. "A lot of times what I'll do is tell my husband, 'What we're having for dinner is a really great pasta dish,'" Rice says. "It just doesn't happen to have any meat in it."

Pair your green beer with Irish faves

Recipe

Lamb Stew with Walnut Irish Soda Bread Dumplings

1. Season the lamb with salt and pepper. Heat a large Dutch oven or heavy bottomed pot over medium-high. Add the lamb and sear until well browned. Use a slotted spoon to transfer the lamb to a plate. Add the mushrooms to the pot and cook until well browned and tender, 8 to 10 minutes. Use a slotted spoon to transfer mushrooms to a bowl and set aside.

2. Add the onion, carrots, celery, potato, cumin and rosemary to the pot. Cook until beginning to brown, 6 to 8 minutes. Return the lamb to the pot. Add the Guinness and broth. Cover and cook for 45 to 60 minutes, or until the lamb is tender and the vegetables are cooked through.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Using tongs, transfer the chunks of lamb to the bowl with the mushrooms.

3. Working in batches if necessary, ladle the vegetables and broth into a blender and blend until smooth. Return the mixture to the pot, along with the lamb and mushrooms. Return to a low simmer.

4. In a medium bowl, stir together the walnuts, both flours, 3/4 teaspoon salt, and baking soda. In another bowl, whisk together the buttermilk, egg and melted butter. Gently mix the buttermilk mixture into the flour mixture. Using a spoon or a cookie/ice cream scoop, dollop the dough on top of the stew. Cover and cook for about 10 minutes, or until the dumplings are cooked through.

Ingredients

- 2 lbs lamb stew meat, cut into 1 1/2-inch pieces
- Kosher salt and ground black pepper
- 1 lb mixed mushrooms, sliced
- 1 large yellow onion, diced
- 2 medium carrots, peeled and diced
- 2 celery stalks, diced
- 1 small potato, peeled and diced
- 1 tsp ground cumin
- 1 tbsp finely minced fresh rosemary
- 12-oz bottle Guinness beer
- 3 cups low-sodium beef stock
- 1/2 cup chopped toasted walnuts
- 1 1/2 cups white whole-wheat flour
- 3/4 cup all-purpose flour
- 3/4 tsp baking soda
- 1 1/2 cups buttermilk
- 1 egg
- 3 tbsp butter, melted

THE ASSOCIATED PRESS

Dinner. St. Patrick's Day is your lucky day — with an easily assembled Magic Shepherd's Pie

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What comes to mind when you think of St. Patrick's Day? Green Beer? Shamrocks? Lucky charms?

The Irish celebrate this saint for his role in bringing Christianity to Ireland. One of the key elements of the celebration is the lifting of Lenten restrictions, just for one day. Awww, come on! You can't expect a promise of abstinence to last for six whole weeks, can you? No wonder this day of green wearing and binge drinking has been embraced so much.

Traditional Irish dishes include Shepherd's Pie, Boiled Dinner with corned beef and cabbage, and Colcannon, consisting of mashed potatoes and cabbage. There are as many variations of these recipes as there are cooks but most are basic and use the affordable staples available in Ireland.

Potatoes are popular because they are plentiful, corned beef and cabbage can be stored during long periods of time or harsh weather and Shepherd's Pie can be made from practically any minced meat.

Irish meals are no longer boiled and boring, but historically, Irish culinary creations leaned toward a soft, bland outcome. Spices tended to include, um, salt and pepper.

Thyme, parsley, rosemary, and sage are typical as are leeks, onions and garlic.

Whatever you make, pair it with green beer. It is a rite of passage, and as they say, "Everyone is Irish on St. Paddy's Day."

This recipe serves four. THERESA ALBERY

Magic Shepherd's Pie

This pie is magic because, unlike traditional recipes, it comes together in less than 30 minutes —no layering of mashed potatoes or pastry required. It is simply a one-pot meal made with ground lamb while phyllo pastry puffs bake in the oven to become a very pretty topping.

1. Turn oven on to 400 F.

2. Oil a baking sheet and take one sheet of phyllo into your oiled hands. Rub both sides of the sheet with oil and scrunch into a loose ball. Place onto baking sheet and continue with remaining sheets. Drizzle an additional tablespoon of oil over all pastries before baking. Bake for 10 or so minutes just until browned.

3. Meanwhile, brown ground lamb in a large pot over medium-high heat and then empty to drain fat through a strainer. Set aside. Clean and slice leeks and add to the same pot with butter over medium heat, stir to soften. Add diced potato and stir for a couple minutes. Add rosemary and garlic powder, stir for one minute. Pour beer into a bowl and stir flour in to dissolve then add to pot and stir to thicken. Return meat to pot, salt and pepper.

4. Peel carrot into ribbons, directly into the pot.

5. Cover and simmer for 10-15 minutes to cook potatoes through. Empty into a pie plate or casserole dish and top with baked phyllo.

Ingredients

- 4-6 slices phyllo pastry
- Extra virgin olive oil
- 1 1/2 lbs ground lamb
- 2 leeks, sliced
- 1 tbsp butter
- 1 white potato, diced small
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 2 tbsp flour
- 1 1/2 cups dark beer
- Salt and white pepper
- 1 carrot

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

NYC bids adieu to Mad Men with liquid lunch special

Thirty-four New York restaurants are partaking in Man Men Dining Week. AMC/LIONSGATE

New York is saying goodbye to hit U.S. television drama Mad Men in a manner that would make its '60s protagonist Don Draper proud: with a boozy lunch promotion.

As the series approaches its final seven episodes, fans will be able to purchase two drinks for an iconic price of $19.69, across a handful of New York restaurants.

Since it debuted on AMC cable television in 2007, tens of millions worldwide have become devoted followers of the fortunes of the tortured New York advertising executive, often portrayed with drink in hand, and his colleagues.

Those wishing to commemorate the show's final episodes will be able to order two lunch cocktails or choose from a two-course, prix-fixe menu at 34 restaurants during Mad Men Dining Week.

The final season begins airing on April 5.

The lunch deal is a send-up of New York's traditional Restaurant Week that features dining promotions.

"We thought this was a fantastic opportunity to say farewell to a fantastic TV show," Avery Fletcher, director of sales and marketing for the restaurant 21 Club, told the New York Times.

"The characters would have been right at home here."

Like 21 Club, many of the participating restaurants are 1960s mainstays, and all will serve era-appropriate food and drink during the promotion, which lasts from March 23-29. AFP.

Accolades

Man Men is admired almost as much for its archly cool depiction of 1960s fashion and furniture as for its writing and acting.

- **Awards.** The show has won an Emmy for Outstanding Drama Series four times.

MLS

Sounders agree to extension at CenturyLink Field

The Seattle Sounders will continue to call CenturyLink Field home through the 2028 season after agreeing to a 10-year lease extension.

Seattle has led the league in attendance playing at the facility since entering Major League Soccer in 2009. The Sounders averaged 43,734 fans last season. THE ASSOCIATED PRESS

Tennis

Murray survives three-set scorcher

Andy Murray outlasted Philipp Kohlschreiber 6-1, 3-6, 6-1 in a nearly two-hour baseline slugfest under a hot sun at the BNP Paribas Open on Monday.

Murray earned the only two breaks of the third set and closed out the win when Kohlschreiber's forehand went wide, one of 35 unforced errors by the German. THE ASSOCIATED PRESS

NBA

LeBron thumped in return to Miami

Dwyane Wade scored 21 of his 32 points in the first half, Goran Dragic added 20 and the Miami Heat handed LeBron James another loss on his former home floor with a 106-92 win over the Cleveland Cavaliers on Monday night.

The Heat won both of James' regular-season trips to Miami this season — his first two games back since leaving the team last summer. THE ASSOCIATED PRESS

Canucks to toast life of Pat Quinn

NHL. Fitting celebration for the former coach, player, general manager is on St. Patrick's Day

CAM TUCKER
cam.tucker@metronews.ca

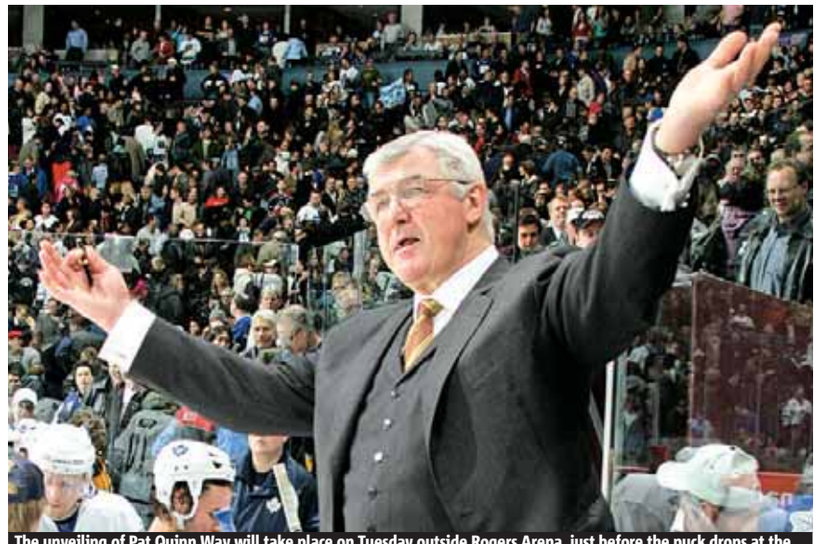
In November, the hockey world mourned the passing of Pat Quinn, who was respected and valued for his contributions and passion for the game, holding as many titles as he did, from player to coach and general manager, chairman, and owner.

On Tuesday, the Vancouver Canucks will celebrate Quinn's life.

Fittingly, the celebration for the man often known as The Big Irishman is on St. Patrick's Day. The 700 block of Abbott Street, which runs beside Rogers Arena, will officially be named Pat Quinn Way at an unveiling just before puck drop between the Canucks and visiting Philadelphia Flyers, who Quinn also coached during the early 1980s.

Quinn's legacy in this town culminated with the Canucks' run to Game 7 of the 1994 Stanley Cup Final.

He helped turn the franchise around, transforming it back to respectability and into a contender that came within one goal — an inch away — from what could've been overtime and a potential championship winner in what is the most renowned point in Canucks history.



The unveiling of Pat Quinn Way will take place on Tuesday outside Rogers Arena, just before the puck drops at the game between the Canucks and Flyers. GETTY IMAGES FILE

Canucks ink college D-man Hutton

The Canucks have signed college defenceman Ben Hutton.

- Hutton turns 22 in April and is coming off his junior year at the University of Maine, where he scored nine goals and 21 points this season.
- In his sophomore year, he scored 15 goals and 29 points in 35 games.
- The Canucks selected Hutton in the fifth round, 147th overall, at the 2012 NHL Draft.

Canucks head coach Willie Desjardins, who spoke following Monday's practice, was encouraging fans to get in their seats early for Tuesday's game.

"He's a pretty special man," said Desjardins, who was an assistant on Quinn's coaching staff for the 2009 world junior championship in Ottawa.

"He's got a great sense of humour, but he's passionate."

On Monday, the Western Hockey League's Vancouver Giants unveiled the Pat Quinn Legacy Fund, which will include a scholarship to support former players that want to pursue advanced legal studies.

Quinn was a part owner of the Giants, and could be seen at many different functions, including news conferences, where he was arguably the most recognizable and popular figure in the room.

The Giants also recently landed the 2016 CHL Top Prospects game, which will take place toward the end of January at the Pacific Coliseum. Proceeds from that game will go the Pat Quinn Legacy Fund.

"What he meant to this community will go on perpetuity," said Giants majority owner Ron Toigo.

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A little sneeze never hurt anyone...

Toronto Blue Jays outfielder Kevin Pillar suffered a "freak" mishap Sunday, injuring his ribs while sneezing. Here's a selection of memorable freak injuries in sports lore:

TORSTAR NEWS SERVICE
Photos by Getty Images

Kendrys Morales

INJURY: Broke ankle during walk-off celebrations, May 29, 2010
GAMES MISSED: Rest of the 2010 season and all of 2011 as well
IN SHORT: Morales stroked a walk-off grand slam for the Angels but it all went wrong when he leapt into a crowd of teammates waiting at home plate.

Dustin Penner

INJURY: Back spasms while eating pancakes, Jan. 9, 2012
GAMES MISSED: One
IN SHORT: Penner leaned to dig into a stack of pancakes when the L.A. Kings forward felt his back "squeeze" inwards. He said he felt something from an earlier sneeze. He was a good sport about it and later cooked pancakes for a charity.

Enner Valencia

INJURY: Cut his big toe stepping on a tea cup, last week
GAMES MISSED: One
IN SHORT: The West Ham United striker went to hospital to get stitches for a bad cut on his toe after stepping on what was said to be pieces of a broken tea cup.

John Smoltz

INJURY: Burned chest while ironing, July 1990
GAMES MISSED: None
IN SHORT: Smoltz spent over a decade refuting a report he ironed himself while wearing a damp shirt because he was in a hurry. Eight years later, he said he had a steamer to iron out wrinkles, but he left it for a moment, and when he came back, it blew up and the hot water burned him.

Chris Coghlan

INJURY: Torn meniscus during pie-throwing, July 27, 2010
GAMES MISSED: Eight weeks
IN SHORT: A fave prank among MLB players, this one saw Coghan blow out his knee as he thrust a shaving-cream pie into the kisser of Marlins teammate Wes Helms.

Taylor Hall

INJURY: Gash to the face during pre-game warmup, Jan. 16, 2012
GAMES MISSED: One
IN SHORT: Hall slipped on a puck before a game, slid into the corner and right into the skate of teammate Corey Potter, who stepped on his face while trying to get out of the way.

Denver Nuggets ' Wilson Chandler goes to the rim against Grizzlies' big man Zach Randolph, Monday in Memphis. BRANDON DILL/THE ASSOCIATED PRESS

NBA. Grizzlies pull away from Nuggets in fourth

Zach Randolph had 21 points and 16 rebounds, and the Memphis Grizzlies thwarted a fourth-quarter rally by Denver to beat the Nuggets 92-81 on Monday night.

Marc Gasol and Tony Allen each added 14 points, while Nick Calathes finished with 12 as Memphis won its second straight.

Memphis broke a 79-all tie in the fourth quarter by outscoring Denver 13-2 the rest of the way.

Jameer Nelson scored 24 points for the Nuggets on 11-of-18 shooting, while starting backcourt mate Randy Foye finished with 16 points. Wilson Chandler scored 13 for Denver, making both his 3-point shots.

The Nuggets, who had won four straight, were coming off a double-overtime win at New Orleans on Sunday. Denver rested starters Ty Lawson, Kenneth Faried and Danilo Gallinari, eliminating an average of 38.6 points, plus their leading rebounder (Faried) and assist leader (Lawson).

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If there is something you need to get finished, get on with it. When the Sun moves into your sign Friday there will be so many new things to focus on you won't have time.

♉ Taurus
April 21 - May 21
Don't get annoyed if people get on your nerves. The problem is you, and the closer you get to Friday's eclipse the more sensitive you will be.

♊ Gemini
May 22 - June 21
You usually manage to get what you want. The only problem is you may be so heavy-handed that even your friends will get annoyed. Think before you speak or act.

♋ Cancer
June 22 - July 23
You will have no trouble asserting yourself but with Venus, planet of harmony, moving into the friendship area of your chart why not charm your way to success?

♌ Leo
July 24 - Aug. 23
Do something dynamic over the next 24 hours. This is also a good time to take a vacation — so long as it's the kind where you are active.

♍ Virgo
Aug. 24 - Sept. 23
You will find it easier to talk to colleagues without some kind of fight breaking out now Venus is moving into a more positive area of your chart.

♎ Libra
Sept. 24 - Oct. 23
How you react to people will determine how well you do financially and career-wise over the next few months. Go out of your way to find solutions to existing problems.

♏ Scorpio
Oct. 24 - Nov. 22
Something you have been working on is no longer worth the effort, so let it go. Later this week a change of pace will be necessary. Slow down!

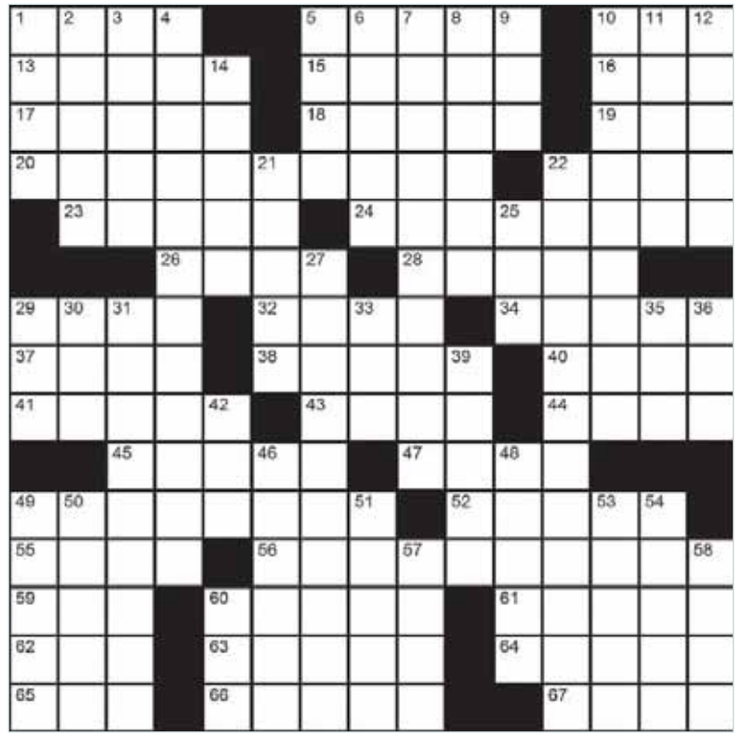
♐ Sagittarius
Nov. 23 - Dec. 21
Start something new today. When the Sun changes signs at the end of the week you will find it suddenly takes off — and your reputation will take off with it.

♑ Capricorn
Dec. 22 - Jan. 20
If someone says something that annoys you today you must let them know you are not amused. Nip it in the bud.

♒ Aquarius
Jan. 21 - Feb. 19
You have been unusually quiet of late but when the Sun changes signs on the 20th you will find your voice again.

♓ Pisces
Feb. 20 - March 20
Put financial considerations first today, especially if you are the kind of Pisces who usually does not have a clue how much is coming in and how much is going out. Cut back on now or suffer later on.

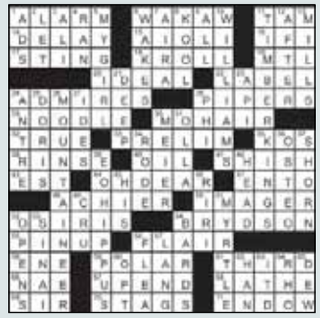
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Clutch
5. Style of dance
10. Peak of Crete, Mount __
13. Soap star Ms. Sofer's
15. It's the 'Fountain' of "Three Coins in the Fountain" (1954)
16. Fam. member
17. "Oooh, go jump in __!"
18. Encourages
19. "Monsters, __." (2001)
20. Meal preparation item: 2 wds.
22. Mount of Greece
23. Prefix to 'metre'
24. Manitoba community northwest of Winnipeg
26. Audacity
28. Respond
29. Frolic
32. Condition
34. "The __ Birds" ('80s miniseries)
37. "Bye!"
38. Keanu Reeves movie
40. Countryside creatures
41. Carpenters hit: "For __ __ Know"
43. Rock band, __ Earth
44. Miss White
45. Construe
47. Jazz singing style
49. AABBA pattern, fitting for March 17th
52. Tapestry wall-hanging
55. 'Origin' suffix
56. The __ (Traditional band of Eire)
59. __ mask (Spa offering)
60. Ms. Rimes
61. Worried
62. Prior
63. Goody-goody
64. Irritating individual
65. '75-premiering NBC show
66. Sub instrument
67. Nastassja Kinski title role

Down
1. 1. 'Tele' suffix
2. "The Beachcombers" role
3. Have __ __ to grind
4. Product by since 1897 Canadian food brand Magic: 2 wds.
5. Ticket tidbit
6. Archer's need
7. Dancer's rehearsal wear: 2 wds.
8. Slender
9. Three-toed sloths
10. New Brunswick community, a place perfect for St. Paddy!
11. Crowded
12. Rio Tinto __ (Montreal-based aluminum company)
14. Austrian actress Ms. Berger
21. Golden coatings
22. Theatrical stage area for musicians: 2 wds.
25. Consume
27. 1993 Jennifer Aniston movie with the tagline 'Your luck just ran out.'
29. Elvis record label
30. Well driller's exclamation!
31. GQ Magazine poser: 2 wds.
33. Actor Stephen
35. Speedwagon's lead-in
36. Australian state [acronym]
39. Morning drink selection
42. Eire's locale, for short
46. Roman orator
48. Conductor Mr. Rodzinski
49. Illuminators
50. "Where do _ __?" (Direction-needer's query)
51. Sorta
53. Supermarket lane
54. Daggers
57. Power [abbr.]
58. Li'l water channels
60. 33.3 rpm-ers

Yesterday's Crossword

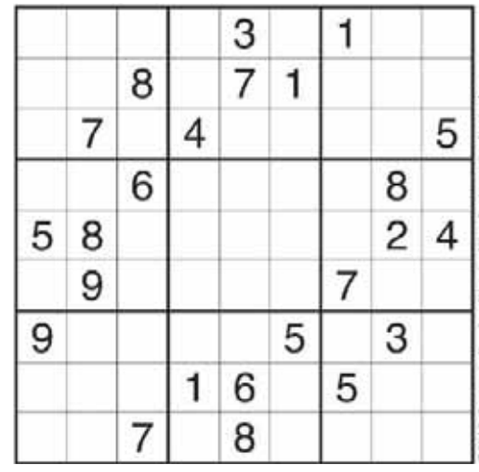


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

1	9	4	5	3	2	8	6	7
2	3	8	7	6	1	9	4	5
6	7	5	9	8	4	3	1	2
7	2	3	6	5	8	4	9	1
8	6	1	4	7	9	5	2	3
4	5	9	1	2	3	6	7	8
9	1	2	3	4	5	7	8	6
5	8	7	2	9	6	1	3	4
3	4	6	8	1	7	2	5	9

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